



I hope you all had a good summer holiday and have been able to enjoy some time with family and friends.

This past week many of you will have headed back to school and nursery. Some of you may have started a new school, many of you will have new teachers and there will be lots of new ways of doing things in the classroom! You haven't been at school since March so you will have had a mixture of feelings when you returned. You may have felt excited and happy, but you might also have felt a little bit nervous and unsure. That's ok. That's perfectly normal. And the amazing thing about being a child of God, is that he promises to go before us, go with us and come behind us. So we don't return to school alone!

Memory Verse

'You go before me and follow me. You place your hand of blessing on my head.' Psalm 139:5

God has got us completely covered as we return to school; he has gone before, comes behind and places his hand upon us.

Try to learn this little verse off by heart, but also, how about you write it down on a little piece of paper, fold it up and place it in your pencil case or pocket – as a little reminder that the Lord is with you.

Have a sing

You might feel a little bit worried as you return to school. Perhaps you feel a little bit like David, in the story of David and Goliath...a bit overwhelmed by all that's going on around you. Or maybe your classroom feels a bit like a Lions' den?

Listen to the following song – 'King of me.' The same God that looked out for David, Daniel and Jonah, will look out for you as you return to school.

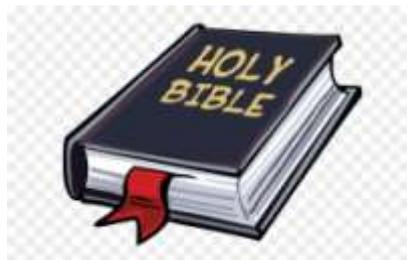
<https://www.youtube.com/watch?v=F9zWwItpMOc> or

<https://www.youtube.com/watch?v=ks6zI2hL2Uk>



Read about how God watches over his people

Go to the Bible and read the story of Daniel. It's amazing how the Lord is with Daniel every step of the way. It is the same God today in 2020, who promises to be with you every step of the way, as you return to school. So be encouraged and stand up for what is right, as you return to school. Be a Daniel!



Show appreciation to those who work in your school

Show your teacher, your classroom assistant or those who work in the school that you care about them. Just now is quite a busy and stressful time for them all. Show them you care by simply thanking your teacher at the end of the day for teaching you. Or perhaps you could make a card to say 'welcome back' to the staff in the office and thank them for all their hard work, or perhaps you could bring in a box of chocolates for the cleaning staff to thank them for making sure that the school is safe and clean for you. These small acts of kindness show the love of Jesus, in practical ways. Remember to pray for the school staff too!

Talk and Pray

Chat with your family members about how your first few days back went. You might want to use the Emoji prayer guide below to help you bring these things to the Lord in prayer.

	Thank God that he loves you and that he is with you every step of the way, as you return to school.
	Thank God that you can be with your friends once again. Thank God for giving you friends who make you laugh and smile. If you have started a new school, perhaps you could pray that God would help you to make friends with others.
	Has anything made you angry this week as you returned to school or nursery? Ask God to forgive you for the times when you have been angry and have said things you shouldn't have.
	Thank God that you have clothes to wear, a home to live in and that you are able to go to school.
	Ask God to help you behave at school in a way that is pleasing to him.
	Has anything happened at school/nursery this week that has made you sad? Talk to God about it and ask him to comfort you.

Have a good week everyone, love Ruthie x